

Mastering The Zone The Next Step In Achieving Superhealth

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Mastering The Zone The Next

Kateryna Pavlova was the first woman to serve as acting head of the Chernobyl Exclusion Zone, which she did during a pandemic while battling wildfires. She cares deeply about Ukraine and has ideas for ...

Kateryna Pavlova battled a pandemic, wildfires, corruption, and sexism in the Chernobyl Exclusion Zone

Senior Master Sgt. Eva Appiah of the 357th Airlift Squadron First Sergeant is trailblazing the frontlines of the US Airforce. Her journey began in Ghana. Read.

Master Sgt. Eva Appiah: Meet the Ghanaian-American appointed as Legislative Fellow in the US gov't

Now in his fifth year as general manager of the Cleveland Cavaliers (NBA), Koby Altman '04 Zoomed with Campus reporter Josh Rosenstein to discuss basketball, the pandemic, societal issues and ...

Q&A with Koby Altman '04, general manager of the Cleveland Cavaliers

So she started taking outside lessons with legendary Pequanock softball coach Maryann Goodwin, who also acts as the Ramapo College pitching coach. "I can't thank her enough," says Kimball, who ...

North Jersey's Female Athlete of the Week is a young master of the pitching craft

The City Council approved the Lancaster Health District master plan, final environmental impact report, and General Plan amendment at Tuesday night's meeting.

City OKs master plan for health district

If you're thinking of planting a garden this year, you are like many, as gardening industry grew due to the pandemic. However, if you are new ...

Experts: How to grow a successful garden in the North Country

On a winter morning in 2018, it was a relaxed, smiling Chaudhary Ajit Singh who welcomed me to his 'rented' accommodation in Delhi's Vasant Kunj area, a farmhouse on the Green Avenue.As we settled in ...

Ajit Singh, IIT engineer-turned-master of power politics who could pick & drop allies at will

Modernization of the U.S. Marine Corps aerial refueler and transport fleet has reached a milestone with the retirement of the service's last 'legacy' Hercules, a KC-130T. The Marines flew the 'legacy' ...

The Marine Corps Just Said Goodbye To Its Last KC-130T Hercules Transport Plane

DJ Khaled, Billie Eilish, Travis Scott, Cardi B, Manchester Orchestra, and 21 Savage all made some of the best new music of the week.

All The Best New Music From This Week That You Need To Hear

This shooting drill was inspired by a coyote hunt that required a quick follow-up shot and can be adapted to apply to any hunting scenario.

Learn How to Shoot More Coyotes by Practicing the Slow and Fast Drill

At Salesforce, we required a storage system that could work with two kinds of streams, one stream for write-ahead logs and one for data. But we have competing requirements from both of the streams.

Indestructible Storage in the Cloud with Apache Bookkeeper

Two former co-workers at Heritage High School are competing for a School Board seat in the May 18 election. Suzanne Spivey, 61, is the incumbent. The board appointed Spivey in March 2020 to fill a ...

Two in race for Rogers School Board Zone 3 seat

Kandi has a strong balance sheet but revenues shrank in 2020 and the company still hasn't started selling its passenger cars in the U.S. I continue to think this one is a sell.

Revisiting Kandi, The Company Still Looks Overvalued Based On Fundamentals

Senior Master Sgt. Eva Appiah, 357th Airlift Squadron first sergeant, was selected as the Air Force Reserve Command ...

From Little Girl in Ghana to Legislative Fellow in the U.S. Government; Reserve Citizen Airman embodies the American Dream

Ever wonder what really goes into being a top-notch offensive lineman? Geoff Schwartz is here to educate you with his new show.

Welcome to the 'Big Boys Club O-Line Draft Academy'

When the three-month window closed Monday for proposals to build on the downtown waterfront, city officials released only the five bidders' names. Details of what they proposed, and how much they are ...

Meet the 5 bidders who want to develop Clearwater's downtown bluff

From Philadelphia to remote areas like the Poconos, the Keystone State offers diverse appeal. Here are the best Airbnbs in Pennsylvania for 2021.

The 16 best Airbnbs in Pennsylvania, from a renovated textile mill in Philadelphia to an A-frame cabin in the Poconos

This year's IA25 focuses on advisors, experts and leaders in financial services who are pushing the industry forward. Their work encompasses diversity and inclusion, as well as programs to support ...

Meet the 2021 IA25: VIPs Pushing Advisors Forward

To sell the River Ring towers that it's building on the Williamsburg waterfront, the developer Two Trees Management is leaning hard on all things green: an energy microgrid, a wastewater-recycling ...

The New Two Trees Development Is Beyond Greenwashed

As the world grinds to the threshold of opening up more to women and celebrating their achievements, for Ghanaian women doing marvelous works across the globe, they deserve even bigger praise.